

WHAT IS CLAIMED IS:

1. A balance practicing machine comprising:
a seat on which a user sits;
a drive mechanism that imparts a swinging motion to said seat;
an expandable and contractible member provided on a seating surface of said seat; and
a mechanism that expands and contracts said expandable and contractible member.
2. The balance practicing machine according to claim 1, wherein said seat has a saddle shape.
3. The balance practicing machine according to claim 1, wherein said expandable and contractible member is positioned to oppose the thighs and knees of the user when the user sits on said seat.
4. The balance practicing machine according to claim 1, wherein said expandable and contractible member comprises a first expandable and contractible element and a second expandable and contractible element.
5. The balance practicing machine according to claim 4, wherein said first and second expandable and contractible elements are positioned on opposite sides of said seat.

6. The balance practicing machine according to claim 4, wherein said first and second expandable and contractible elements are positioned to oppose the thighs and knees of the user when the user sits on said seat.

7. The balance practicing machine according to claim 4, wherein said first and second expandable and contractible elements expand and contract in substantially opposite directions.

8. The balance practicing machine according to claim 4, wherein said first and second expandable and contractible elements are positioned to oppose the thighs and knees of the user when the user sits on said seat, so that the user's hip joints open and close when said first and second expandable and contractible elements expand and contract, respectively.

9. The balance practicing machine according to claim 4, wherein said first and second expandable and contractible elements comprise a first air bladder and a second air bladder, respectively.

10. The balance practicing machine according to claim 9, wherein an air supply unit supplies air to said first and second air bladders.

11. The balance practicing machine according to claim 1, wherein said expandable and contractible member provides adjustability of size of said seat to accommodate a particular user's body type.

12. The balance practicing machine according to claim 1, wherein said expandable and contractible member is repeatedly expanded and contracted during operation of said drive mechanism to provide compound motion to said seat.

13. The balance practicing machine according to claim 1 wherein an elevator mechanism is provided to raise and lower said seat.

14. The balance practicing machine according to claim 13, wherein said elevator provides adjustability of the height of said seat.

15. The balance practicing machine according to claim 13, wherein said elevator is repeatedly raised and lowered during operation of said drive mechanism to provide compound motion to said seat.

16. The balance practicing machine according to claim 12 wherein an elevator mechanism is provided to raise and lower said seat.

17. The balance practicing machine according to claim 16, wherein said elevator is repeatedly raised and lowered during operation of said drive mechanism to provide compound motion to said seat.

18. A balance practicing machine comprising:
a seat;
a drive mechanism that imparts a swinging motion to said seat; and
a moving device that is repeatedly actuated during operation of said drive mechanism to provide compound motion to said seat.

19. The balance practicing machine according to claim 18, wherein said moving device comprises:

an expandable and contractible member provided on a seating surface of said seat; and

a mechanism that expands and contracts said expandable and contractible member.

20. The balance practicing machine according to claim 19, further comprising:

an elevator mechanism provided to raise and lower said seat;

wherein said elevator is repeatedly raised and lowered during operation of said drive mechanism to provide additional compound motion to said seat.